PRINTING SPECIFICATIONS

Publication: Healthy Options Are Here! (table tent card)

DOH Pub #: 340-238 Vending

Printing instructions:

To print this publication from a desktop printer, do the following:

- Make sure legal size paper is loaded in your printer. From the File menu, go to Print.
- Choose to print only page 2.
- Under Page Scaling, select None **OR** under Size Options, choose Actual Size.
- Under Properties, select the following: **Paper size:** legal; **Orientation:** portrait.

When printing is finished, trim along solid lines on both sides. Fold paper along dotted lines with text showing on the outside. Tape short edges together to form the table tent card.

Washington

Washington

Partners promote realthy
people in healthy
people in www.doh.wa.gov/healthypeop

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

This work supports the Washington State Plan for Healthy Communities. The Sodium Reduction in Communi Program is made possible by funding from the Centers for Disease Control and Prevention. Content for this poster was dapted from the Work City Department of Public Health and Mental Hygiene. For rescons with disabilities, this document is available on request in other formats. To submit a request.







- 9. Choose a snack in the vending machine that is labeled
 - 8. Try seltzer water with lemon or lime instead of soda.
 - week ahead. 7. Save some of last night's air-popped popcorn.
 - vegetables with hummus. **6.** Pre–plan your snacks. Try hard boiling eggs for the
- sodium too. **5.** Bring a snack from home like low–fat yogurt or pre–cut
 - chips, or dried apricots. **4.** Grab unsalted nuts for a protein boost that's low in
- 3. Pack dried or dehydrated fruit like apple chips, banana
 - 2. Look for items with the whole grain stamp.
 - J. Choose baked chips over regular.





mays to make snack time good for your health



Your health. Your food. Your choice.



Healthy options are here!

We heard you say that having access to healthy choices at work is important. Look for new, healthy snacks in the vending machines!

We're now offering items with:

- Less than 250 calories
- Less than **10g** of fat
- Less than **20g** of sugar
- Less than **360mg** sodium

At least half of the items in vending machines meet these Nutrition Guidelines. Some exceptions apply.







Healthy snacking just got easier.